

ADIEU
FASHION FINALE
IN PARIS
STYLE (page 15)





Drowning in Debt? Reach Out!





Mooseheads let one slip away

Halifax blew a two-goal lead in a 4-3 shootout loss to the Rocket. Story, page 20.

Halifax cop on Haiti beat

Constable keeps the peace and talks hockey with locals {page 4}

Grade 1 reading turns political

Liberals slam NDP for cutting education program {page 3}

Teen up on murder charge

• Accused knew Brandon Hatcher, but nature of their relationship not known, say police

Unnamed youth makes brief court appearance



A teenager has been charged in the shooting death of 20-year-old Brandon Hatcher. Halifax Regional Police revealed yester-

Halifax Regional Police revealed yesterday they have charged an 18-year-old with first-degree murder in the shooting that took place on Dec. 3 in Spryfield.

took place on Dec. 3 in Spryfield.

The name of the teen isn't being released as he was 17 at the time of the shooting and his identity is protected under the Youth Criminal Justice Act.

The youth was arrested and remanded into custody after an appearance at Halifax youth court yesterday.

Hatcher was found suffering from a gunshot wound on the 100 block of Lavender Walk. He was taken to hospital but later succumbed to his injuries.

Both Hatcher and his alleged killer were part of what police spokesman Const. Brian Palmeter called the "drug and criminal subculture."

"But I don't think we're prepared at this time to link them to any larger

Next court date set

The 18-year-old accused returns to court on March 21 for a show-cause hearing.

groups or more identified groups," said Palmeter when asked if he meant to refer to organized crime.

The fatal shooting of Hatcher took place two hours after another man entered the QEII Health Sciences Centre in Halifax with a gunshot wound.

in Halifax with a gunshot wound.

The 22-year-old man was treated for non-life-threatening injuries and later released.

At the time, police said there was nothing to indicate the shooting was related to Hatcher's, even though it occurred in nearby Cowie Hill.

"Each incident has its own investigative team looking into it," Palmeter said.

"It would be only natural that the investigators would confer with each other. But at this point, the shooting still remains unsolved and this file is still open."



Plansi Offer and Naton 20.

FREE Xbox 360°. Now that is one fly deal.





LG Optimus™ 7

\$29.99

3 year term **SAVE \$470**

\$499.99

No term

HTC 7 Surround™

\$29.99°

3 year term No term

\$449.99

SAVE \$420



FREE Xbox 360°*

Get a FREE Xbox 360°* with the purchase of a Windows® Phone 7 on Atlantic Canada's biggest[†] 4G mobile network. Only at TELUS.

telusmobility.com/xbox



TELUS STORES & AUTHORIZED DEALERS

NOVA SCOTIA

Amherst

Town Square Mall

Antigonish

2834 Hwy. 104 Bedford

Bedford Place Mall

Bridgewater Bridgewater Mall

Dartmouth Crossing Mic Mac Mall

Burnside, 202 Brownlow Ave

Digby

Halifax

Bayers Lake Power Centre Halifax Shopping Centre

Park Lane Mall

6100 Young St.

1668 Barrington St.

Village Centre, 936 Bedford Hwy.

New Glasgow

263 Jury St. New Minas

County Fair Mall Port Hawkesbury

Port Hawkesbury

Shopping Centre

Sackville 799 Sackville Dr

Sydney

Mavflower Mall 337 Welton St.

Truro

Truro Mall

Windsor

Fort Edward Mall

Yarmouth

Yarmouth Mall

NEWFOUNDLAND LABRADOR

Carbonear Trinity Conception Square

Clarenville

Random Square Mall Corner Brook

Corner Brook Plaza

Valley Mall Gander

Gander Mall

Grand Falls-Windson Exploits Valley Mall

Marystown

Peninsula Mall St. John's/Mount Pearl

Avalon Mall

The Village Shopping Centre

336 Freshwater Rd. 55 Kelsey Dr.

35 Stavanger Dr.

NEW BRUNSWICK Bathurst

Place Bathurst Mall

Campbellton Sugarloaf Mall

Edmundston

Place L'Assomption Fredericton

Regent Mall

1211 Prospect St. Grand Falls

Grand Falls Shopping Centre Miramichi

Bridgeview Plaza Moncton

Wheeler Park Power Centre

Champlain Place

Lounsbury Plaza Saint John

McAllister Place

Shippagan

242 Boul. J.D. Gauthier

Tracadie-Sheila

3379 rue Principale

PRINCE EDWARD ISLAND

Charlottetown

Charlottetown Mall 393 University Ave.

County Fair Mall

For more details on these great offers, visit your TELUS store, authorized dealer or telusmobility.com.

Grits rip NDP after plan cut

○ Liberals bring dozens of students for press conference **○** Deputy education minister drops hints about replacement program





The opposition Liberals slammed the NDP government yesterday for cutting a \$7-million program designed to help first-graders learn to read.

But education-department officials say the replacement for Reading Recovery will help more students for less money.

Rosalind Penfound, the

Rosalind Penfound, the deputy minister, appeared before the province's public accounts committee yesterday to talk about education funding.

However, Liberal leader Stephen McNeil, sitting in on the committee in place of fellow Grit Keith Colwell, quickly zeroed in on Reading Recovery.

"It is the minister of education who is telling school boards across this province, 'You have an effective program that is working, but we're going to cancel it,'" McNeil thundered.

"We're going to replace it with a program that we don't know what it looks like yet.... That's not good enough for Nova Scotians."

In fact, a few details about the replacement program were revealed during the meeting.

Penfound said tha

while Reading Recovery consists of strictly one-onone help for struggling first-graders, the new program will focus on a group of children from Grades Primary to 3 — but oneon-one assistance will still be available when neces-

It will also focus on the 20 per cent of students having the most difficulty across the province, not the 20 per cent of students in each Grade 1 class.

"We would never say Reading Recovery has not been valuable," Penfound told reporters after the meeting.

"But our conviction is we can reach more stu-

Money matters

- Reading Recovery costs the province approximately \$7 million a year.
- Of that, \$35,000 goes to licensing fees for copyright material.
- The province anticipates the new program will cost less than \$5 million, though the exact price tag is not yet known.

dents, start earlier, start in Grade Primary, and have a program that addresses the needs of those students ... and will hopefully have better outcomes for a broader range of students across the system."

Celebrated station owner dies

A well-known local broadcaster is being remembered for his life's accomplishments.

Charles Arnold Patterson, better known as Arnie, died on Tuesday night after a lengthy illness. He was 83.

Patterson was the founder and former owner of CFDR radio station in Dartmouth. He was also press secretary to former prime minister Pierre Trudeau, media manager for Dominion Steel and Coal during the Springhill coal-mining disaster and a columnist for The Daily News.

"He was a larger-thanlife presence," said Liberal MLA Kelly Regan, a family friend and former coworker.

Premier Darrell Dexter, who also worked with Patterson at CFDR radio, said Patterson "was a hard worker, a visionary and indeed a proud Nova Scotian"

ALY THOMSON



Lawyer accused of smuggling awaits fate

A former lawyer accused of smuggling drugs to a client in jail will learn her fate today.

Anne Calder is facing three charges relating to trafficking drugs. She was initially charged in July after guards at the Central Nova Correctional Facility in Burnside spotted her allegedly passing an envelope of drugs — the painkiller hydromorphone — to her client.

Police laid more drug charges after searching her west-end Halifax residence.

Gence.
Calder went on trial at
Nova Scotia Supreme
Court in Halifax on Jan.
10. The judge had scheduled his decision for
April 6, but last week
that date was bumped to
this afternoon.

METRO





- Download the free ScanLife application with your smartphone at 2dscan.com
- 2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
- The codes will direct your mobile browser to relevant content at

On the web at metronews.ca



New exhibit tells the story of the Afghan War through pictures. Video at metronews.ca





U.S. testimony on Muslim radicalization fails to match the furor. Scan code for story.

Ralph unfazed after road trip

Turns out Ralph the pelican, found on the roof of a Dartmouth strip club last year after a hurricane blew the bird off course, is a girl

Officials at her new home in North Carolina made the discovery soon after she arrived yesterday at the Outer Banks Wildlife Shelter in Newport following a three-day road trip from Nova Scotia.

Ralph — who will keep her name — was driven to the shelter by her Halifax caretaker and a driver who made overnight stops at car dealerships, veterinary hospitals and a hotel along the way. Linda Bergman-Althose, a volunteer at the shelter, said Ralph was in good condition and seemed unfazed by the road trip, her relocation and several TV cameras shooting her arrival.

"She did great — she looked really good and fully feathered," Bergman-Al-



those said.
THE CANADIAN PRESS

Halifax cop walks the beat in Haitian camp

Over 150 Canadian police officers are in Haiti on UN mission Officer's older brother is former NHL enforcer Georges Laraque





It's an odd beat for a Halifax Regional Police officer: patrolling a Haitian tent

But four HRP officers (and one RCMP member) from Halifax are in Haiti right now, including Const. Jules Laraque.

"Domestic violence is one of the most common things that happen there. There are also fights between Haitian people over money and anything," Laraque said in a phone interview vesterday.

Laraque — a former star with the Halifax Mooseheads - is part of a UN contingent working with Haitian police to keep the peace in Camp Corail, home to over 7,000 displaced people.

"There was one murder-suicide, and I think that's the most serious case we've had," he said. "There are cases of rape too, but it's about once or twice a month."

The country of his parents' birth is far from being restored. A devastating earthquake rocked Haiti

"I can't wait to see my family, my daughters." CONST. JULES LARAQUE, FATHER OF

on Jan. 12, 2010.

There are still many demolished buildings yet to be cleaned up, Laraque

"When things were starting to slowly move forward, there was a cholera outbreak that hit the city, (as well as) the election, and that caused some trou-

And while there is plen-

ty of crime in Camp Corail, there are fewer convictions. Penniless victims have a hard time getting transportation into Portau-Prince to make court dates, so the accused usually goes free.

But Laraque will take home many happy memo-ries when his nine-month mission ends on March 22.

One of them will be talk-

ing hockey with Haitians.
"They don't see me as a
hockey player because
physically I'm bigger, and they think of me as a weightlifter," he said. "It's kind of funny."

Special delivery makes officer queasy, leaving partner with naming honour

Delivering babies is hardly in the job description.

But back in September, Const. Jules Laraque and his partner from Montreal were leaving a hospital when a pregnant woman arrived on the back of a motorcycle. She was in labour and needed to go to another hospital which was better equipped.

They put her in a UN vehicle, which didn't get very far, because her pains increased substantially.

They laid her down on a blanket on the side of the road near a sewage area.

"She ended up giving birth on the street with our help," Laraque said.

"I wasn't actually looking because I don't like looking at that stuff, so my partner was hands-on and helping the baby come out.'

Too bad, because the mother named the baby Guylaine, Laraque's partner, Const. Guy Allard. JENNIFER TAPLIN

HUSBAND SAYS HE WAS TARGET

Woman shot in driveway

Police are investigating a shooting after a 32-yearold woman was injured outside of her home in Lawrencetown last night.

According to Halifax RCMP, the woman was shot as she was coming into the driveway of her Lawrencetown Road home just after

10:30 p.m.

After calling 911, officers found the woman in her driveway suffering from a gunshot wound. She was transported to hospital and later released.

CBC is reporting the incident is linked to a shooting involving Allen Morris, who claims he was shot outside the New Rodeo Lounge on

Morris told the CBC yesterday it was his wife in the car Tuesday night and that he was the intended target. • METRO

Centre may be displaced

Users and program participants of the Rockingham Community Centre were told this week the land the facility sits on may be developed.

On Monday, the municipality told the Rockingham Community Centre Association Board they had been approached by a developer interested in the site.

A report on the proposal will be presented to Halifax regional council in April, a release from HRM said yesterday.

Located on the Bedford Highway, the 55-year-old

Rockingham

Rockingham Community Centre is owned by HRM and managed by a community volunteer board.

building sees about 25 to 30 children daily as part of an after-school program. The centre also offers fitness classes and rentals.

In 1956, the building was constructed as a fire station but was later converted into a community space in 1986. ALY THOMSON

News in brief



Province aids paper company

PRESSING MATTER. Premier Darrell Dexter (shown above) has announced a loan and a payroll rebate for a Dartmouth packaging company.

The province's business-development agency, Nova Scotia Business Inc., will provide a \$2.1-million loan to Maritime Paper Products Ltd.

The money will help finance a new printing press.

The agency is also offering a four-year, \$201,000 payroll rebate tied to the company's maintaining its full-time production staff of 118.

A government news release says the financial assistance will help Maritime Paper Products continue with a modernization plan for its facility that began in 2004. THE CANADIAN PRESS

Man hit with hammer hospitalized

NO ARRESTS MADE. A 43vear-old man was taken to hospital with non-lifethreatening injuries after he was struck in the head with a hammer, police

Two males, according to police, broke into the victim's home, with one carrying a gun and the other a hammer. The men stole cash and fled the scene after the victim was struck. metro

Forced-entry victim sprayed

WOMAN TREATED AT SCENE. Police say a female was sprayed in the face with an irritant inside her apartment last night by a man who had forced his way in. • metro

Smart Clothes. **Everyday** Living.

Vari

HALIFAX, GET READY FOR A UNIQUE SHOPPING EXPERIENCE!

We've taken innovation to a new level. A Sm A Smarter store for better **Everyday Living**.



Selected **Men's Jackets**

Reg. \$99.99 Now **\$29.99**

Selected Men's **Sweaters**

Reg.\$39.99-\$59.99

Now \$14.99

Selected Men's **Denver Hayes** Polos

Reg. up to \$39.99 Now \$14.99



Selected Women's Down filled Vests

Reg. \$69.99

Now \$14.99

Selected

Women's PJ's

Reg. \$39.99 Now **\$14.99**

Selected

Women's **Footwear**

Reg. up to \$59.99

Now \$19.99

Bayers Lake Center 209 Chain Lake Drive (902) 450-5159

marks.com

SPONSOR EMERGES

Molson pledges \$400,000 for oval on Commons

Molson Coors Canada is offering at least \$225,000 in sponsorship money to help save the Canada Games speedskating oval in Halifax.

Brian Harriman, a vice-president for Molson Coors Canada, said yesterday the brewery intends to donate an additional \$175,000 over the next three years to bring its total commitment to \$400,000.

Harriman said the brewery is in talks with the Save the Oval citizens' group that is working to make the artificial ice surface on the Halifax Commons a permanent facility.

He said another

potential partner could come on board and they are working out the details of how the oval would be branded, including possibly being co-named.

Harriman declined to reveal the potential partner but said it wasn't GoodLife Fitness, which offered \$200,000 in January for naming rights to the oval.

He said the groups are trying to iron out the details with the Save the Oval committee before approaching the city with the offer.

"Our goal is to save the oval, so we're trying to be as unselfish as we can," he said.

"We'll be as flexible as we can with other corporate partners to make this work."

A number of corporate and citizens' groups have come forward with promises of financial support for the oval.

The Save the Oval committee has also promised a \$100,000 investment in the skating surface.

THE CANADIAN PRESS

Now the hard part: Farm in final stage

• Public input ending • Plans near completion • But funding still needed



The final blueprint for the Common Roots Urban Farm will be produced after the last of five public consultations last night.

One last time, about 30 citizens were asked to offer their input on the proposed farm, which will sit on the site of Halifax's former Queen Elizabeth High School.

Since November 2010, the Partners for Care program at Capital Health and Dalhousie University's cities and environment unit have sought public feedback on the urban farm.

"Based on tonight, we'll further refine this into a finalized site plan," said



Mark Nener of Dalhousie's cities and environment

The draft outlined a main entrance that would double as a bus shelter and a food-vendor area that would sell product grown in the farm.

There would also be a

walkway through the farm from Robie Street through to Bell Road.

Nener said a report will be produced and presented to the Partner's for Care board.

Demolition of the school is set to be completed this spring.

The future site

The site, next to the QEII Health Sciences Centre, will eventually be developed by the Capital District Health Authority. But long-term plans have not been determined.



Elizabeth Arden

NEW PREVAGE CLARITY TARGETED SKIN TONE CORRECTOR.

Gives skin a brightening boost to help minimize the appearance of those all-too-visible aging signs - existing dark spots, age spots, freckles and discolorations - to help skin regain its look of uncompromised clarity and a youthful-looking glow.

30 mL \$160



HURRY IN TO SEARS TODAY AND RECEIVE AN EXCLUSIVE ELIZABETH ARDEN GIFT!

With any Elizabeth Arden purchase of \$38 or more**, you will receive a Sears exclusive 6-piece gift, an incredible

***104** value*



**Before taxes. One gift per customer, while quantities last. *Value based on Sears reg. priced per mL/g. Gift with purchase offer valid until Sunday, March 20, 2011

NE032C111 © 2011. Sears Canada Inc.





Maple tartan made official

Maple Leaf Tartan.

The Maple Leaf Tartan has been named an official national symbol. The red, green and yellow pattern has been around for four decades, but now, with an official nod, it will be up there with the Maple Leaf and the Coat of Arms as national emblems.

THE CANADIA PRESS

Poll: Voters side with opposition

Most Canadians say they don't want an election, but if there is one, a new poll suggests Canadians are siding with the opposition on issues such as corporate tax cuts and help for the elderly.

The latest Canadian Press-Harris Decima survey shows a clear majority support the Liberal proposal to roll back tax cuts on corporations.

Tories rebuked by Speaker

The Conservatives suffered a double blow yesterday in their battle with the opposition.

The Speaker of the House of Commons ruled against the Tories on two major issues.

Peter Milliken found that International Co-operation Minister Bev Oda breached parliamentary privilege by misleading MPs about the alteration of a document.

He also found that the government breached parliamentary privilege by refusing to provide all documents requested by the oppostion on the cost of its crime bills and tax cuts. THE CAMADIAN PRESS

Military spending at highest point in decades: Study

Canada was top contributor to UN peace-support missions, but now ranks 60th on list of 102

Canada is spending more on its military than at any time since the end of the Second World War, a new study reports.

The Canadian Centre for Policy Alternatives says defence spending is expected to hit \$22.3 billion this year. Researchers estimate that's a 54 per cent increase over the last decade.

The study, released yesterday, was produced for the centre by Bill Robinson, senior adviser at the Rideau Institute. He notes that a large part of the budget increase has gone toward fighting the war in Afghanistan.

Robinson argues

Robinson argues Afghanistan has robbed Canada of the ability to carry out traditional peacekeeping missions.



"Canada could make a much greater contribution to global security and humanitarian action by shifting resources to non-military security efforts and to peacekeeping operations," Robinson said in a release by the centre.

"Such a shift would make Canada truly a great power in the world of development assistance and humanitarian aid. This is an arena in which Canada could punch above its weight."

THE CANADIAN PRESS

Oil burns as Libyan conflict rages on

Two oil installations in Libya were set ablaze in fighting between rebels and forces loyal to Moammar Gadhafi yesterday.

In the west, Gadhafi claimed victory in recapturing Zawiya, the city closest to the capital that had fallen into opposition hands. The claim could not immediately be verified; phone lines there have not been working during a deadly six-day siege. Yesterday, a high-

Yesterday, a highranking member of the Libyan military flew to Cairo with a message for Egyptian army officials from Gadhafi, but no further details were known. THE ASSOCIATED PRESS

Rebel support

Moammar Gadhafi's successes have left the West struggling to make a plan to support the rebels without becoming ensnared in a the conflict.

Kate's weight the new pre-nup debate

How thin is too thin? Not even Kate Middleton has escaped the thorny debate.

The willowy princess-tobe's appearance and reported comments during a visit to Northern Ireland sparked some concerns yesterday about whether she's losing too much weight before the April 29 royal wedding. The subject was also a topic on Twitter.

In front-page newspaper photographs, Middleton appears to be in good "Even those brides who don't plan to lose weight lose weight ... These are pictures they'll have forever, so they want to be in good form."

WEDDING PLANNER

health if somewhat slimmer than usual, but reporters heard many in the Belfast crowd of well-wishers on Tuesday making comments that she verged on gaunt.

on gaunt.
One woman, Heather Lindsay, told Middleton "not to lose any more weight," and said Middleton remarked that it was all part of the wedding plan.

Palace officials refused to say whether Prince William's fiancée is trying to lose a few pounds before the big day. They also declined to specify her height, weight or to comment on her words in Northern Ireland.

Northern Ireland.

"It was an off-the-cuff comment," a press aide said.

Mark Niemierko, a top London wedding planner, said Middleton is naturally tall and skinny — like her sister, maid of honour Pippa Middleton — but does not seem dangerously slim.

"I think she looks perfect." The ASSOCIATED PRESS

PM to attend ROBERT BENZIE/TORSTAR NEWS SERVICE

► Laureen Harper

Prime Minister Stephen Harper and his wife, Laureen, will be at the royal wedding in London next month.

- ► The Prime Minister's Office says Harper has formally accepted the invitation to attend the Westminster Abbey ceremony on April
- Harper calls the wedding a historic and happy moment and says he's delighted to attend.
- Prince William and Kate Middleton are to be married on April 29.
- The newlyweds are scheduled to arrive in Canada on June 30 for a tour.

You'll know what to do.

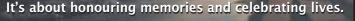
Success College graduates are prepared and ready to work. That's the value employers see in our students. Our accelerated learning process allows you to enter the workforce and start earning the income you want sooner. Get your career today.

- Child & Youth Care Worker
- Paralegal Plus Program
- Counselling Skills
- Business Administration Program
- Medical & Dental Administrator

Class begins in March. 1.800.662.3991 ThinkSuccess.ca



It's not just a choice between burial and cremation;



Come to our Lunch and Learn Seminar where you will be guided in funeral planning. It doesn't need to be a stressful and lonely experience. Light lunch provided.

March 16 noon: A.L. Mattatall Funeral Home 461–0700

March 23 noon: J.A. Snow Funeral Home 455–0531

April 6 noon: Cruikshanks Funeral Home 423–7295

Dignity

Pre-arrange your funeral by March 31st and save the HST.

Christian-Muslim clashes kill 13 in Egypt

Police have yet to fully take back the streets, leaving space for violent crime and lawlessness

Clashes that broke out when a Muslim mob attacked thousands of Christians protesting the burning of a Cairo church killed at least 13 people and wounded about 140, officials said yesterday.

The Muslims torched the church amid an escalation of tensions over a love affair between a Muslim and a Christian that set off a violent feud between the couple's families.

The officials said all 13 fatalities died of gunshot

10% Christians account for about 10 per cent of the 80-million people in Egypt. Even before

the 80-million people in Egypt. Even before the uprising unleashed a torrent of discontent, tensions had been growing between Christians and Muslims.

wounds.

The officials spoke on

condition of anonymity because they were not authorized to speak to the media.

The clashes late Tuesday night added to a sense of ongoing chaos in Egypt after the momentous 18-day democracy uprising that toppled longtime leader Hosni Mubarak on Feb. 11. The uprising left a security vacuum after police pulled out of Cairo and several other cities three days into the uprising.

THE ASSOCIATED PRESS



Having a blast in Mexico

Cancun is ranked as the top foreign destination in the world for spring break. Clubs entertain over 6,000 spring breakers nightly.

MPs pass drug bill for Africa

It took six years, but the House of Commons has finally passed a bill to provide low-cost drugs to Africa

MPs voted 172-111 yesterday to pass New Democrat Paul Dewar's private member's bill.

The NDP and most Liberals and Bloc Quebecois members voted in favour, while most Conservatives opposed it.

The legislation would allow generic drug manufacturers to produce patent-protected medicines for certain poor countries.

THE CANADIAN PRESS

renew

your health + your beauty + your life

WE'VE CREATED A WHOLE NEW FEELING IN OUR STORE. EXPERIENCE THE DIFFERENCE.

- Shoppers Drug Mart® Pharmacy Your health is our priority
- Our cosmetics aisle is brimming with beauty
- Convenient frozen food aisle for delicious meal solutions
- Our Healthy Living section caters to your overall wellbeing

Join us for our Opening Celebrations on

Saturday, March 12th Store opens at 8am

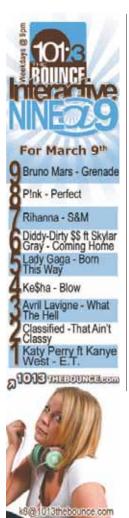
- 10 Draws for \$50 Shoppers Drug Mart Gift Cards*
- Free Cosmetic Makeover & Skin Analysis

Plus, look for our Grand Opening Specials!

*While quantities last; see store for details.

SUNNYSIDE MALL 1595 Bedford Highway 902 835-3354 Open 8am to 10pm, 7 days a week





Banks balk at TSX merger

▶ Brain drain, job loss among dire scenarios painted by opponents of Toronto-London stock exchange

The heart of Canada's financial sector joined a growing list of naysayers warning of the dangers in a proposed merger of the Toronto and London stock exchange operators, casting further doubt on the future of the deal.

Several of Canada's biggest banks argued yesterday that the Toronto exchange already attracts global companies and that plans to put the CEO of the

No credit checks

And get cash now!!

/ Fast approvals

"Where do you think the big investment firms will be? They won't be in Canada, they'll be in London." Stephen Jarislowsky, ceo, Jarislowsky, Fraser

merged company in London would draw the decision-makers to England, reducing Canada's role.

"We do not believe this takeover offer is the right solution to creating a globally sustainable exchange, and nor will it allow Canada to achieve the benefits of globalization offered," Bob Dorrance, head of TD Securities, told a hearing at the Ontario legislature.

Financial institutions, including TD, CIBC and Na-

tional Bank, are drafting a public letter warning that Canada risks losing its clout as a financial centre if the deal goes through. Others are being asked to sign it.

However, opposition to the deal by the banks was not unanimous.

Eric Tripp, president of BMO Capital Markets, which advised the TMX Group on the deal with London Stock Exchange Group PLC, said the merger would benefit the industry.

"The TMX has a real opportunity to expand and grow, under favourable terms, and ensure that Canada's exchanges won't be sidelined," Tripp said. "It is an opportunity to capitalize on our core competencies to both grow and create jobs."

THE CANADIAN PRESS



Counter measure

Following the lead of Iceland, Ireland and Canada, the British government yesterday banned displays of tobacco products in English shops in an effort to reduce rates of smoking. Large stores must cover up starting in 2012, while small shops have until 2015.





RBC Royal Bank®



Experience something completely different. From a bank. (Seriously.)

RBC's first retail store is changing your banking experience — offering choices and advice in a way you've never seen before. Drop in and explore easy-to-use touch screens and exciting applications in an interactive environment. And if you have a question or want more information, you never have to go more than a few steps to find an RBC® advisor who's ready to help you.

Advice you can bank on™

STICK, GLOVES, JERSEY ... BOXER BRIEFS?



I, apparently, am a pantywaist — that insult reserved by bellicose hockey fans for those of us who dare suggest that the NHL should be less violent than a game of Grand Theft Au-

hey say pantywaist because they know they can't call us female genitalia, though they'd like to, so they pick something that sounds like it's in the same general vicinity. Let me say in reply: What a

bunch of boxer briefs. I like hockey, I like hitting, I had great fun watching earlier this year when Boston and Dallas had three fights in the first

six seconds.

But I'm getting pretty tired of watching concussed players flop to the ice like they're Mup-pets and Frank Oz is at lunch.

And I'm even more tired that it's still up for debate on television. In newspapers, the case is closed: Accidental and malicious hits alike are threatening to kill someone.

But on TV, there's always somebody — Don Cherry and Craig MacTavish come immediately to mind — who makes it sound like anybody who questions all but the most objectionable hits is threatening to turn the game into the Royal Winnipeg Ballet (Royal Phoenix

Ballet after 1996).
The Bill Masterton Memorial Trophy — named after the only player who ever died because of an NHL game — does not need

another namesake. Masterton wasn't wearing a helmet when he cracked his head on the ice. Wearing one was considered a sign of weakness. And it took a couple of decades before everybody was namby-pamby enough to wear one.

The caveman culture — sor-"The Code" — is hard to break.

That's why it's especially ridiculous when TV commentators resistant to change bark that "I PLAYED /COACHED/ KNOW THE GAME!"

The NHL game is played by about 700 players. It's watched by millions. The game isn't for them. It's for us.

And being a backseat driver is perfectly acceptable when the car is going the wrong way down the highway.

A big debate needs to happen

at the league level, but for now the NHL should multiply all its typical suspensions by about 10. The league will be the last to come around but the discussion already appears to be changing, even on TV.

Two years ago, TSN's Bob McKenzie — he who never played the NHL game! seemed like the only prominent hockey voice who thought hockey violence should be dealt with. Now even former Boston Bruin Mike Milbury, who once beat a fan with his shoe, is wondering if the league is handling the rules around head shots properly.

Ŵhať a pantywaist.



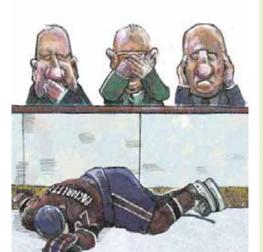
Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

THE NHL RESPONDS TO THE ZDENO CHARA HIT:



What government means



Letters

RE: 'Harper Government' branding draws more fire, published March 9

WHITE ROCK, B.C. The recent disingenuous response by Dimitri Soudas, director of communications in Stephen Harper's PMO, to public outrage concerning the replacement on government documents of "The Government of Canada" by The Harper Government is self-serving partisan poli-

Within Parliament the government is the prime minister and cabinet. That is understood and within the context of Parliament that is accepted practice. Canada is a parliamentary



democracy and a constitutional monarchy. We elect parliaments, not parties, not prime ministers.

Governors general represent the head of state, the

Prime ministers are the Oueen's first ministers in the Government of Canada in Parliament.

Governments are accountable to Parliament

and serve the sovereign who represents the sovereignty of the people. BRIAN MARLATT

We asked: What is wrong with kids these days?

TORONTO. Media influence. End of story. Period. The

@metrohalifax Metro has the right to edit letters and submissions.

Do you want an

halifaxletters

@metronews.ca

election?

Email

Twitter

METRO HALIFAX • 3260 Barrington St., Unit 102, Halifax NS, B3K 0B5 • T: 902-444-4444 • Fax: 902-422-5610 Advertising: 902-421-5824 • adinfohalifax@metronews.ca • halifax distribution@metronews.ca

Publisher Greg Lutes, Managing Editor Philip Croucher, Sales Manager Dianne Curran, Distribution

Manager April Doucette, Marketing Specialist Mike Beaton METRO CANADA: President & Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, National Deputy Editor Fernando Carneiro, Assoc. Managing Editor Tarin Elbert, Scene/Life Editor Dean Lisk, Assist. Managing Editor Amber Shortt, Art Director Laila Hakim, Business Ventures Director Tracy Day, National Sales Director Peter Bartrem, Interactive/Marketing Director Jodi Brown

Metro Minute with Songwriter's Circle

An intimate evening of great music awaits as Bruce Gouthro brings back his popular Songwriter's Circle show tonight at Casino Nova Scotia's Schooner Room.

Now in its fifth year, the series profiling some of Nova Scotia's top musicians is led by Gouthro, an awardwinning singer-songwriter who is described as an honest storyteller whose lyrics and sound excite and inspire those listening.

Matt Mays, Catherine MacLellan and Dave Wa-syliw will join Gouthro tonight in the circle, with the show beginning at 8

Tickets are \$34 and available through all Ticket Atlantic outlets, online at ticketatlantic.com or by phone at 451-1221. ● METRO





Finding that perfect moment

○ Local show produced in Halifax travels across Nova Scotia and P.E.I. to profile people — 'diamonds in the rough' — from small-town communities

INTHIA CORDON/CONTRIBUTE



Scene in brief



Lady Gaga's deal to sell a special edition of her upcoming album at Target is now out of range. A representative for the singer said yesterday the two sides came to a mutual decision to end their overall exclusive partnership a few weeks ago." The Advocate reported Tuesday that Gaga wasn't comfortable with the deal. THE ASSOCIATED PRESS

BACKSTAGE PASS

JENNA CONTER
HALIFAX@METRONEWS CA



From planning to packing, travelling can be a real schlep. But through all

through all the battles against Murphy's Law, it's worth it for just one moment.

According to Halifax's Megan Edwards, a self-proclaimed travel junky, it's the moments that bind us. "The moment can be a specific time when you appreciate where you are," the 24-year-old told me over dinner. "It can change your life."

Looking to turn her travel addiction into more than a hobby, Edwards caught a break when she met OG Event Filming owner Phil Goora, a 38-year-old living in Sackville.

With Edwards' experience in broadcasting as a local radio host, combined with Goora's knowledge behind the camera, it was a matter of getting an idea on paper and pitching it to

a local network.

"I interned at EastLink TV so I knew who we would pitch the idea to and that made it easier to get a meeting," Edwards told me.

EastLink gave The Moment the green light. Goora and Edwards, along with their co-host Mallory Moors of New Minas, started plotting their trips around the Maritimes to film the first season, which has since successfully wrapped.

Thirteen episodes, 10 cities and hundreds of kilometers later, it was a TV production crash course on wheels.

"It's been a huge learning experience, both frustrating and rewarding," Edwards said.

Produced by locals for locals, Goora and Edwards are thankful to highlight our region.

"Getting our idea on air was a lengthy process," Goora told me. "But it's awesome to see how our show allows us to share other people's moments."

The travel bug has sunk its teeth into the trio who look forward to the day when they'll be stamping their passports with more moments.

Experience The March in all its horrors

As the end of the Second World War approached, thousands of weak and starved Holocaust prisoners were moved from concentration camps in death marches.

The March is an intense, terrifying and moving experience of one of these events.

The raw and graphic nature of the show is necessary to convey the impact that human rights abuses have on individuals and on relationships.

This show takes a dramatic and brutal approach in hopes that, as humans, we might be inspired to better understand our capacity for good and evil.

What: The Dalhousie Theatre Society Presents The March.

Where: The Bus Stop Theatre

When: Thursday and Friday, 8p.m. Ticket Info: \$10, 451-1221

IENNA CONTER

Discover a young art master

Come experience fine art on a more personable lev-

Get inspired by stART, an exhibition of a collection of art from university students around the country.

The next generation in Canadian creativity is on display for a limited time at 1223 Lower Water St. What: stART

Where: Studio 21 Art Gallery

When: Friday through to April 4

Ticket Info: Free

JENNA CONTER

Shatner excited to host Genie Awards

William Shatner says he's excited to be hosting the Genie Awards, which he regards as Canada's version of the Oscars.

But he admits to being a bit unsure about taking the reins of the televised gala, noting that the widely panned Academy Awards show was largely blamed on lacklustre MCs Anne Hathaway and James Franco

Shatner says from Los Angeles that he'll do his best with the Genies and jokes: "They tried the very young. Now they're trying the very old."

The 79-year-old film and TV star heads to Ottawa to-day to begin preparations for tomorrow's Genie Awards, which will honour the best in Canadian film.

The leading nominees include the sprawling romantic dramedy Barney's Version and the wrenching war saga Incendies.

The Genie Awards air on CBC at 8 p.m. across the country, and at 8:30 p.m. in



Newfoundland.

Shatner said he's keen to put on an entertaining show.

"Ever since they offered me the job I've been going around saying, 'What's the secret (to hosting)?' and nobody will tell me," the actor said earlier this week by phone.

"I think the secret first of all is good material. Then, as for the delivery, you're stuck with yourself. But I've been in front of audiences for a long time, with varying levels of success. Never, to my mind, (have I been) an abject failure."

The Montreal-born actor says he's not above resorting to a well-worn tactic in order to engage the studio audience at the National Arts Centre.

"I'll be scanning the audience and waving Hello, the way (people) do — (I'll) point and wave," deadpans Shatner, whose lengthy career spans more than six decades on stage, film and

TV. THE CANADIAN PRESS



Gibson makes deal in battery case

Mel Gibson has reached a plea agreement with prosecutors who plan to file a misdemeanour battery charge against the Oscar winner over a fight last year with his then-girl-friend, a source with knowledge of the case said yesterday.

Gibson will appear in person to enter the plea, according to the source who was not authorized to discuss details of the agreement publicly and spoke to The Associated Press on condition of anonymity.

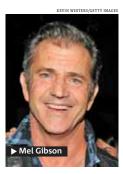
Gibson was expected to be formally charged with battery this week, and the agreement could allow the actor-director to avoid jail

The charge stems from a dispute between Gibson and Oksana Grigorieva in January 2010.

The Russian musician did not report the incident until months later, after the pair broke up and had negotiated a custody agreement involving their infant daughter.

Gibson's attorney Blair Berk said in a written statement that Gibson sought an agreement to resolve the case with his children in mind.

"I know from almost 20 years as a criminal defence lawyer that sometimes jus-



tice can come for a client at too high a personal price," Berk's statement reads. "That is particularly so for Mel, whose right to due process can only be exercised in this case with an enormous media circus attached."

Berk's statement did not disclose further details of the plea agreement.

The charge is another blow to Gibson, the star of the Lethal Weapon film series, whose reputation in Hollywood took a major hit after a 2006 arrest for drunk driving.

A deputy's report leaked to the celebrity website TMZ revealed the star had used anti-Semitic and sexist slurs.

His conviction was later expunged.

Recordings leaked last

year during Gibson's custody battle with Grigorieva also contained racist and sexist taunts by the actor during a series of tirades.

Gibson, 55, has never addressed the recordings, which were given to sheriff's investigators and widely circulated by the celebrity website RadarOnline.

The Los Angeles District Attorney's Office did not say yesterday if it planned to charge Grigorieva with extortion, a case Gibson pursued after Grigorieva reported the fight to authorities

Gibson's latest film, The Beaver, is due to premiere

soon at the South by Southwest festival in Austin, Texas. It is only the second major film Gibson has starred in since 2002.

He portrays a deeply troubled man able to communicate only through a beaver puppet in the film directed by Jodie Foster.

Although Gibson's prominence as an actor has diminished, he has remained a Hollywood fixture and drawn audiences as a director.

His 2004 film The Passion of the Christ was a surprise blockbuster, earning more than \$300 mil-

THE ASSOCIATED PRESS

Own your home sooner. That's smart borrowing.

Be mortgage-free faster with the right mortgage for right now. The low-rate mortgage. Only from BMO°.

Know you're protected if rates rise, with the low-rate mortgage from BMO. Just a great 5-year fixed rate. And, with an amortization of 25 years or less, you'll pay off your mortgage faster and you could save over \$55,000 in interest versus a mortgage amortized over 30 years². Now that's smart borrowing.

Visit a branch today, or have one of our mobile Mortgage Specialists come to you.

Visit bmo.com/lowratemortgage

3.95% APR'





Making money make sense®

The Annual Percentage Rate (APR) for the 5-year low-rate fixed closed mortgage is 3.95%. APR assumes no fee(s) apply. If we require you to obtain an appraisal, the appraisal fee would increase your APR. Funds must be advanced within 90 days from the date of application. Offer may be changed, withdrawn or extended at any time without notice. The fixed interest rate indicated for our low-rate fixed closed mortgage is a special discounted rate and is not the posted rate of Bank of Montreal. Applications are subject to meeting Bank of Montreal's usual credit criteria. Some conditions may apply. This special offer is not available for Homeowner Readitine®. *Example is based on a \$250,000 mortgage at 6.00% APR on a 5-year fixed rate term. *Registered trade-marks of Bank of Montreal.

Custody battle on the horizon?

D Hipothy m

It looks like Ashlee Simpson's divorce from Pete Wentz isn't going to be as simple as she thought, as Wentz filed papers this week seeking joint custody of their two-year-old son, Bronx, and requesting that they each pay their own legal fees, according to People magazine.

In her initial divorce filing, Simpson had requested full custody of Bronx, with visitation rights for Wentz, and that Wentz pay her lawyer costs.

But a source close to Wentz says this isn't a sign that a brutal custody battle is coming.

"He's not gearing up for a custody war," the source savs.

METRO



pson wants to keep ex to visitations

Talking points

Charlie Sheen may not be 'winning'

PEOPLE. While Charlie Sheen has been proudly proclaiming his new "winning" lifestyle, things aren't actually going so well for the re-cently fired Two and a Half Men star.

"I'm really starting to lose my mind. I'm ready to call anyone to help," Sheen tells Life & Style magazine.

'I'm really trying to contain myself right now. My lawyer wants to come over to my house and take the bullets out of my gun.'

And his friends agree: "Charlie's losing it," a Sheen confidante tells the magazine.

"Charlie is a ticking time bomb, and we all fear he could do something drastic like committing suicide or falling back on hard drugs." • METRO

Celebrity tweets



Jonah Hill [@JonahHill] Million Dollar Listing is defi-

nitely hurting without Chad. Don't pretend like you don't know what I'm talking about. #iwatchbadtvshows



Simon Pegg [@si-monpegg] A small house fire

in LA has been attributed to Charlie Sheen's publicist exploding. No one else was



Jessica Alba [@jessica-alba] Finishing a late

lunch -now I want to sleep. Acash warren is ordering 4 desserts... What the heck do we do w him



Conan O'Brien [@Conan-OBrien] Good

news, I treated myself today to the new iPad 1. Wait... what's that? ● METRO



CELEBRATE St Patricks Day at Dr Sharps Daily 2 for 1 Specials

Sunday and Monday:

2 for 1 Dinner & Movie for 524.95
*2 Entrées and 2 Empire Theatre Tickets (can be used any night of the week for 2 years)"

Wednesday:

2 for 1 Roast Beef Dinner \$15.95 "Slow roasted hip of beef with pan gravy, mashed red potatoes with garlic butter and steamed garden vegetable"

Thursday:

2 for 1 Steak Night \$19.95

"Charbroiled Rib-eye steak with choice of fries, mashed or rice and steamed garden vegetable

Friday:

2 for 1 Pan Fried Haddock \$13.95 fried haddock with choice of fries, mashed or rice and steamed vegetable."

Saturday:

2 for 1 Fish-n-Chips \$13.95 "Fresh haddock dipped in pale ale batter and fried golden & crisp, served with fries and coleslaw

Saturday and Sunday:

2 for 1 Breakfast & Caesar \$13.95 "2 eggs any style served with bacon, sausage, harn and home fries. Includes a complimentary

Caesar cocktail." (11am-2pm)







Here's to great bands

Hawco March 11 & 12 Bittersweet March 17, 18, 19 20 Fingers March 25 & 26

Here's to great food.

File Nachos Spinach Artichoke Dip Privateer's Basket Jack's Steak Quesadilla Alexander's Fish & Chips Oban Chicken Wrap

Raise a glass!

902-428-7805 www.fifeanddrumpub.com



Going above and beyond. IT'S THE MARRIOTT WAY.

www.halifaxmarriott.com

◆ Four stellar weeks of style come to an end as Autumn/Winter Fashion Month wraps up in France ◆ Take in five shows from the Paris runways, each befitting a grand finale

A peek into Paris A peek into



MANISH ARORA

He's hardly a new face on the scene. Still, Manish Arora, who just took on a second job as creative director of Paco Rabanne, seems to be on the cusp of a bigger kind of fashion fame. His fall show had his starriest audience yet (key editors, stylists and Kanye West) with heavily ornamented, painstakingly embroidered creations to match. Standouts included a series of patchwork dresses in metallic jewel tones (the most wearable of the bunch), a dramatic bird-cage dress with laser cut-outs and a series of fur skirts with gold hardware framing the waist.



VIVIENNE WESTWOOD

We've seen a lot of shimmer this season. And a lot of it has felt alamorous in a seriously grown-up kind of way. But let's face it; glitter and sequins are also the stuff of high camp. It's meant to be kind of zany. Vivienne Westwood was one of few designers to treat it this way, covering dresses, shoes and even the runway (complete with a finale shower of sequins) in eye-popping glittery gold. It's a bold look, and not the easiest to pull off. But on the catwalk, it made for a wild and fun moment.



SONIA RYKIEL

Creative director Nathalie Rykiel interpreted the season's plaid trend in a way that was feminine, fun, flamboyant and very true to the spirit of her mother. Standouts included a beige-and-black plaid coat with massive tangerine-coloured fur sleeves (another big trend for fall) and a dress in the same colourway with an oversized pink stole.



GIVENCHY

Riccardo Tisci, who sits at the top of the list of designers rumoured to replace John Galliano at Christian Dior, showed a seductive collection centred around the '50s pinup girl. But instead of taking the literal approach and showing skin-tight bustier dresses. he created leggy skirts with transparent panels that revealed a flash of thigh. It was the smart girl's version of sexy dressing. Other highlights included his bomber jackets covered in graphic panther heads, which could be a contender for the print of the season.



CHANEL

A part of the fun of a Chanel show is seeing how Karl Lagerfeld will reinterpret the house's signatures. A coal miner's daughter in tricked-out tweed at a swanky Paris nightclub? On Karl Lagerfeld's smoky, ash-covered runway in Paris's Grand Palais, it weirdly made sense. He sent out a dark and fantastical array of beautifully constructed looks including mini skirts over skinny trousers, tweed boleros and jumpsuits for evening, all worn with tough girl biker boots. Romantic lace balanced out the hard edginess of



Topshop coming



Topshop and Topman have found a new home across the Atlantic at the Hudson's Bay Co. The Bay has earned Canadian franchise rights for the U.K. fast-fashion retailers, including rights for both shops within the Bay's stores as well as standalones. Topshop and Topman are expected to launch stores within the Bay this fall. THE CANADIAN PRESS



iot \$14K to spare? A Philadelphia retailer has custom-made a prom own using hundreds of diamonds. Scan or visit



Getting hung up on art

• Karl Lohnes offers his tips for hanging art in your home

DESIGN CFNTRF



KARL LOHNES METRONEWS.CA

It constantly surprises me how so many peo-

ple buy a nice sofa, get some great art to hang

over it, then hang the artwork way too high.

I see this common decorating mistake over and over again. Lets hang our art at a place where we can enjoy it and where it compliments out decorating efforts.

follow rules for hanging artwork throughout your home.

Anchor the art

When hanging art work

over a sofa in your living room or a headboard in the bedroom (these pieces of furniture are referred to as an anchor), the artwork should fill approximately two-thirds of the width of the anchor.

For example, if you have a sofa that is six-feet wide, the artwork hanging above should fill about four feet of the width of the sofa.

This doesn't mean that you have to look for a



piece of art that is four-feet wide — you can combine pieces to come up with a total width of four feet.

Never hang artwork in relationship to the height of the ceiling. It should be hung in relationship to the anchor you are hanging it above or the floor.

In a low-ceiling room, this means you should hang your artwork about eight inches above the anchor. In a room with high ceilings, hang pieces 12 inches above the anchor.

Floating your art

When hanging artwork without an anchor, consider every angle from which you will be viewing the piece when deciding where to hang it. Remember that hanging pieces lower to the ground creates a more relaxed feel in your room. The basic rule is to measure 66 inches from the floor — the middle of your artwork should be at this height. You've likely heard that artwork should be hung at "eye level," a qualification that is obviously in the eye of the beholder!

Sixty-six inches (or five feet, six-inches) is approximately the height of the average woman, so ensuring that the centre of your artwork is placed at this height is a good rule of thumb when taking the "eye level" idea into account. If hanging artwork up a stairwell wall then follow the 66-inch rule and make sure to space the art between the bottom and top steps only.

Updating your art

The shape of your available wall space can greatly influence the way in which you hang your art-

If you want to fill up some wall space between two doors, for example, it would be appropriate to hang artwork in a vertical fashion.

It is particularly important to consider the shape of your wall space when hanging a collection.





It makes beautiful sense

Kent Homes & Nova Scotia's LARGEST garage builder have joined forces!

AMAZING SPRING BOOKING SPECIAL:

- FREE HEAT PUMP with every new Kent Home purchase* for a limited time!
- •3 Bedroom, 1 bath bungalow \$229,900* tax and land included

Call 431-3505 or visit our model home at 990 Main St. Dartmouth

Hours: Mon-Fri 9am-5pm • Sat 10am-2pm

Book your Kent Home before the new mortgage changes come into effect on March 17



Purchase a Kent Home before March 17 and receive 4 free stainless appliances

* some conditions apply, offer good only at 990 Main Street Dartmo







A highly anticipated master planned community appealing to any lifestyle with magnificent views of the setting sun.





Large lots available to accommodate your luxury home. The tranquility of the country with quick commutes to





Homesites and turn-key packages available.

Call 422.1402, email sales@armcocap.com or visit us online at ArmcoCommunities.com

NOVA SCOTIA



metr@food metronews.ca THURSDAY, MARCH 10, 2011

Chicken Noodle Bowl

DINNER **EXPRESS**

EMILY RICHARDS



Kids will love slurping noodles fast-food favourite. which gets

a nutritious makeover.

Ingredients:

- 1 tbsp (15 mL) butter
- 12 oz (375 g) boneless chicken breasts
- · 2 tbsp (30 mL) minced fresh ginger
- 3 cups (750 mL) reduced-sodium chicken broth
- 1/4 cup (50 mL) reduced-sodium soy sauce
- 2 tbsp (30 mL) rice vine-
- 1 tsp (5 mL) chili sauce
- 8 oz (250 g) small mushrooms, thinly sliced
- 3 stalks celery, sliced
- 6 oz (175 g) wide rice noodles
- 2 tbsp (30 mL) cornstarch
- 1 1/2 cups (375 mL) milk
- 1 cup (250 mL) bean sprouts
- 2 green onions sliced

Nouvelle-Écosse relative au marché du travail.

Preparation:

- Heat pot over medium-high heat. Add butter; swirl to coat. Add half each of the chicken and ginger and sauté for 2 minutes. Transfer to a bowl. Repeat with remaining chicken and ginger. Set aside.
- Add broth, sov sauce. vinegar and chili sauce: increase heat and bring to a boil. Stir in mushrooms, celery and noodles. Whisk cornstarch into milk; stir into pot. Reduce heat to medium and cook, stirring, for 10 minutes or until bubbling and noodles are tender
- Stir in chicken mixture Season to taste with chili sauce. Using tongs, divide chicken and noodles among warmed serving bowls; ladle broth on top. Top with bean sprouts and green onions. DAIRY FARMERS OF CANADA/ THE CANADIAN PRESS

EMILY RICHARDS IS A PROFESSIONAL HOME ECON-OMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT EMILYRICHARDSCOOKS.CA

Canada

Eats & treats for the kids

With March break right around the corner, we offer up two recipes that even the pickiest child will love to help you make and chow down

As a mom who regularly travels with her kids, my concerns are always centered around what healthy meals and snacks can survive the trip and its inevitable delays.

You know what I mean by survive, right?

What won't crumble into a 1,000 pieces in a bag, turn toxic when they confiscate your gel pack, or smell so offensive your neighbours tell the flight attendants on you.

There's the usual stuff at airports like bananas, apples and the occasional cheese string, but I like things that pack a nutritional punch as well as – you know – pack well.

These granola balls are full of protein, fibre and vitamin A (thank you, cranberries).

They're perfect for little fingers to eat, and are a fun and quick pre-March break flight project for your miniature bakers.

Cranberry Granola Balls

Preparation:

- Spread oats and coconut out on baking sheet and toast in 350 F (180 C) oven for about 10 minutes or until lightly brown.
- In sauce pan, combine sunflower butter, agave and brown sugar over medium heat. Stir until brown sugar is



continuously so mixture doesn't burn

Add oat mixture, granola and cranberries to sugar mixture and stir to combine. Let cool slightly. With moist hands, roll a teaspoonful (5 mL) of the mixture in palm of hands to create bite-size balls. Place on plate and refrigerate for about an hour to

YOU COULD

To register and for full contest details visit clubmetro.com

harden. Store in air-tight perature up to 1 week.

Ingredients:

- 2 cups (500 mL) old-fashioned rolled oats
- 1/2 cup (125 mL) unsweetened shredded coconut
- 1/2 cup (125 mL) agave
- 1/4 cup (50 mL) packed

SWEET POTATO CHRONICLES (SWEETPOTATOCHRONICLES

brown sugar

- 1/2 cup (125 mL) sunflower butter (no nut worries)
- 1/2 cup (125 mL) homemade or store-bought
- 1/2 cup (125 mL) unsweetened dried cranberries

原复制



NOUVELLE-ÉCOSSE

The state of the s

\$5.95

8 months - 8 years

Our guide to

• There are many ways for families to spend time together during March break



To ensure a fun March break with your kids, why not include them in the planning? Send your older daughter to the library or your son on the Internet to find out what's going on in your community.

While it's important to structure the week's activities, it's not good to "hyper plan," says Alyson Schafer, a Toronto author of Ain't Misbehavin: Tactics for Tantrums, Meltdowns, Bedtime Blues and Other Perfectly Normal Behaviors.

She stresses kids prefer a family swim instead of being dropped off at a swim camp, even if you're watching from the sidelines.
"Kids really just want to be with mom and dad when mom and dad aren't in a bad mood," says Shafer.

Patience is the name of the game during this frenzied week. So prepare to stand in lineups, and to cover only a third of the exhibits in twice as much

time as any other week

"Maybe that's the only thing you do that day, and the next day is a 'stay at home' day," says Shafer.

Organizing activities for families with kids of different ages takes some creative planning.

Shafer suggests the fami-

ly head for a destination (a local ski slope) where one parent takes the older child down a bunny hill) while the other entertains the younger one (in the chalet). "So even though they did different things while they were there, there's still a common memory."

Creative ideas

Here's a list of some fun March break activities from Judy Arnall, a parenting expert and author.

Stormy day ideas

- Dig out those puzzles and crafts that didn't get opened at Christmas.
- Have a themed movie week; for example, a Harry Potter movie fest. • Pitch a tent in the family room and "camp out" for a few days.
- When it's nicer outside • Go tobogganing, cross-country skiing or snow-

shoeingHunt for treasures at a second-hand store.

Older kids

• Organize a cleaning project. (Does your basement need rearranging?) Pay your teen to do a big job such as categorizing all those photos on your computer.

Younger kids

- Throw a "stuffie" birthday party. (Invite all your stuffed animals and have cake, presents and a tea party.)
- Pick an historical era and organize clothing, activities and food around that theme.

It's March break - so take a hike

According to a recent study by the Canadian Fitness and Lifestyle Research Institute, Canadian children do not get enough physical activity on a daily basis. Walking is an easy way to incorporate exercise into your child's daily routine. And it isn't only a great source of exercise. According to research, going for a walk can also improve your child's mood. This March break, Get your kids walking (and

- from home to school and pick up other children along the way. Take turns with other parents to lead the walking school bus
- Go on family hikes. At

➤ As the weather starts to warm, take advantage of some

gorgeous days and get outside. program developed by Ascan do physical activity totraZeneca Canada and Physical and Health Educagether. It's also a wonderful way to make new friends and get to know

tion Canada, recommends that communities start

hiking clubs so families

your neighbourhood.

smiling) with these tips.

• Walk with a buddy. Whether it's a friend, family member or even a dog, having a walking buddy will make the time fly.
• Establish a "walking school bus." Select a route

each day.

Best (atmybest. a national school-(atmybest. based children's wellness

March break



Take care in the sun

An Ontario poll suggests many young people continue to expose them-selves to ultraviolet radiation from the sun or the use of tanning equipment, despite the risk of skin cancer, including potentially deadly melanoma.

The Environics survey shows that many young people in the province still engage in harmful behaviours, such as getting a "base tan" before going on a beach vacation because they believe it will protect them from sunburn.

"We're concerned that too many Ontarians continue to seek a tan, especially before and during a winter vacation in a sunny climate," says Dr. Loraine



The sun can cause damage — even in winter.

Marrett, director of surveillance, prevention and cancer control at Cancer Care Ontario. "There is simply no safe way to get a

For Canadians planning to spend their March break in the sun, the society offers the following ways to avoid dangerous UV exposure.

• Plan outdoor activities before 11 a.m. or after 4 "We need to work towards a social norm that does not include a tan as a sign of beauty or health."

SALIMA ALLIBHAI-HUSSEIN, CANCER SOCIETY

p.m. to minimize exposure when rays from the sun are most intense.

- Seek shade or create your own shade with an umbrella or other portable structure.
- · Wear a wide-brimmed hat and loose-fitting clothing made of tightly woven fabric.
- Liberally apply a broad-spectrum (with UVA and UVB protection) surscreen, SPF 15 or higher. sun-

 Wear sunglasses with
UVA and UVB protection.
 Dr. Cheryl Rosen, national director of the Canadian Dermatology Association's sun awareness program, says they are particularly concerned about youth because the use of tanning equipment before the age of 35 has been found to increase the risk of melanoma.

THE CANADIAN PRESS



Quoted



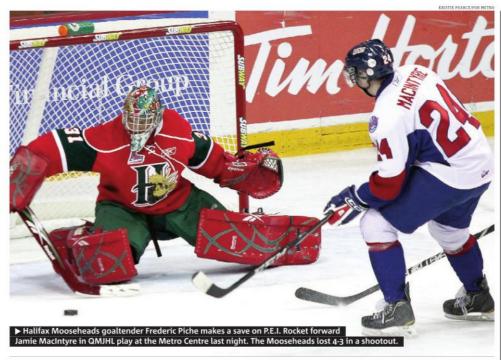
Mayflower's **Shawn Adams is** 3-6 at the Tim **Hortons Brier** following yester-day's action at the John Labatt Centre in London, Ont. Adams, sitting in a five-way tie for the seventh spot overall, dropped a 9-3 decision to Newfoundland and Labrador's **Brad Gushue in** the morning, then lost 8-5 to New Brunswick's **James Grattan in** the evening. **Today he plays**



P.E.I. at 3:30

p.m. and B.C. at

8:30 p.m.



Second point squandered against Rocket

♠ Mooseheads nab single point but lose for 10th time in 12 games ♠ Record sits at 19-40-1-3 with five games left ♠ Three points ahead of Cape Breton



The Halifax Mooseheads squandered a comfortable lead and lost another game. But they moved a baby step ahead in the race to avoid the mighty Saint John Sea

The 15th-place Mooseheads lost 4-3 in a shootout to the P.E.I. Rocket last night at the Metro Centre, earning a single point that pushes them three points ahead of the 16th-place Cape Breton Screaming Eagles in the QMJHL standings.

The nationally top-

The nationally topranked Sea Dogs will face the 16th-place finisher, leaving the 15th-place club with a matchup against another opponent, possibly the Montreal Juniors. And the Mooseheads appear keenly aware of that fact.

"We think we have the strength to upset Montreal," said Mooseheads defenceman Konrad "We let them back in the game and in the shootout it could have gone either way, but we should have just tried to close it out."

MOOSEHEADS DEFENCEMAN KONRAD ABELTSHAUSER. ON BLOWING A 3-1 LEAD

Abeltshauser, the second star with a goal and an assist.

"A team like Saint John, with offence like (theirs) and the (depth) of their roster, would make it really hard against them. We obviously (want to) try to avoid Saint John and pull

off an upset against Montreal."

Performances such as last night's, however, need to be avoided if they're going anywhere.

The Mooseheads were cruising along in the third period with 3-1 cushion, getting markers from

Moose in for tough first round

If the Mooseheads don't face the Sea Dogs in the first round of the playoffs, they'll likely still have to face a team ranked in the Canadian Hockey League's top 10. The Sea Dogs, 53-6-12, checked in at No. 1 in the latest ranking, released yesterday, but so did the Montreal Juniors (43-11-4-5, fourth), Quebec Remparts (44-15-1-3, sixth) and Drummondville Voltigeurs (42-15-5-2, ninth).

Those teams occupy the top for spots in the QMJHL standings.

Abeltshauser in the first period and Martin Frk and Charles Bety in the second period.

But their inability to move the puck out of their own zone resulted in goals by Matthew Hobbs at 4:06 and Travis McIsaac at 10:55.

"We stopped skating and hitting and the momentum shifted," Abeltshauser said. "We were hoping the clock was going to run down. Instead we should have tried to get another goal and keen playing."

keep playing."
The Rocket converted two of three shootout attempts on Frederic Piche, who stopped 24 shots through 65 minutes. The Mosseheads, meanwhile, fired 39 shots on Evan Mosher.

"We didn't play a bad game in general but the third period was bad for us," said Mooseheads forward Matthew Boudreau, who couldn't cash in on a second-period penalty shot that would have made it 4-1. "It cost us the game."

Fitness in fashion at Brier

The days of pot-bellied skips owning the ice are long gone at the Brier.

Fitness is in fashion at the men's national curling championship and Northern Ontario is leading the way. Team second Ryan Harnden spends two hours in the weight room six days a week. His yellow shirt is stretched so tight his arms look like fire hydrants.

"It gets us through a full week of curling," Harnden said. "This Brier takes a toll on you."

Åt 5-4, Northern Ontario has a chance to make the playoffs after two victories yesterday. Skip Brad Jacobs guided his rink to a 5-4 win over Ontario's Glenn Howard and followed it up with a 9-2 rout of Prince Edward Island.

Manitoba's Jeff
Stoughton defeated Alberta's Kevin Martin 5-1 in the evening's feature match to move into first place at 8-1.

Martin started the day with an 11-3 rout of
Saskatchewan but couldn't get on track against
Stoughton.

The Olympic champion missed a takeout attempt in the third end, giving Manitoba a steal of two and a lead the two-time national champion wouldn't relinquish.

"After three ends we were just ripping everything," Stoughton said.

Martin said Manitoba's shots — and Mead's in particular — were near perfection.

"Holy smokes," Martin said. "I hope they cool down a little."

Martin fell into a threeway tie at 7-2 with Ontario and Brad Gushue of Newfoundland and Labrador.

THE CANADIAN PRESS

QMJHL Standings

W L S/O P

		-	3,0		
SAINT JOHN	53	6	3	109	
MONTREAL	43	11	9	95	
QUEBEC	45	15	4	94	
DRUMMOND.	42	15	7	91	
GATINEAU	39	17	8	86	
BATHURST	41	21	2	84	
EWISTON	38	22	4	80	
SHAWI.	38	22	3	79	
VICTORIAVILLE	34	26	4	72	
MONCTON	31	22	10	72	
P.E.I.	30	24	9	69	
CHICOUTIMI	27	26	11	65	
RIMOUSKI	29	30	3	61	
/ALD'OR	23	33	8	54	
HALIFAX	19	40	4	42	
CAPE BRETON	17	42	5	39	
BAIE-COMEAU	12	43	9	31	
RNORANDA	10	47	6	26	

Dal housing group of top hoop minds

Accomplished coaching staff lead Tigers into Final 8 Nutbrown, Gillespie award-winning right-hand men



There may be no university basketball team in the country with a more accomplished coaching staff than the Dalhousie Tigers.

Head coach John Campbell and his assistants Dave Nutbrown and Thom Gillespie have combined for an astonishing nine Atlantic University Sport coach of the year awards, not to mention nine conference champi-

onships. As Campbell says: "The players get a lot of information. Not much slips through the cracks most of the time."

Nutbrown, a former national team coach, needs no introduction in these parts. During his tenure with the Acadia Axemen, he won six coach of the year awards and four conference titles.

"Working with Dave is like a professional development opportunity for me on a daily basis," said Campbell, who took over at Dal nine years ago and has worked with Nutbrown for the past three.

Campbell, the master-mind behind the turn-around of Dal's basketball program, won his first coach of the year award last week.

Gillespie took coach honours twice with the UNB Varsity Reds and has known Campbell since their days as assistant coaches with the Victoria Vikes in the mid-1990s.

"We've "We've been good friends for a long time and he's a great teacher and a great coach," said Campbell, who has a third assistant, Seby Joseph. "To add those two guys ... I'm not sure our guys appreciate how lucky they are to have that kind of experience on our bench."

Critics would say there are too many cooks in the kitchen, but these men

make it work. Campbell and Nutbrown won the AUS crown in 2009 and added Gillespie to win another last Sunday.

nousie Tigers head coach John Campbell, left, and his assistants Dave Nut

the year awards. Seby Joseph, second from right, is the team's third assistant.

second from left, and Thom Gillespie, far right, have combined to win nine AUS coach o

They're working overtime to get the Tigers ready for the Final 8, which starts Friday at the Metro Centre.

"We're a very good collaborative staff — we don't try to trump each other," Campbell said. "We understand we're working towards one goal and we go after it.'

Final 8 Friday

Friday's quarter-finals at the Canadian Interuniversity Sport men's basketball championship at the Metro Centre:

- (1) UBC vs. (8) Acadia, 1 p.m.
- (4) Lakehead vs. (5) Trinity Western, 3:15 p.m.
- (3) Saskatchewan vs. (6) Dalhousie, 6 p.m.
- (2) Carleton vs. (7) Concordia, 8:15 p.m.

Chara hit sparks debate on safety

In a season of nasty hits and concussions in hockey, the one that left Montreal Canadiens forward Max Pacioretty lying mo-tionless on the Bell Centre ice may have been the

most frightening.
Still, the National
Hockey League opted yesterday not to issue a fine or suspension to Boston Bruins captain Zdeno Chara for the hit that sent Pacioretty to hospital with a concussion and a

THE CANADIAN PRESS





HELP WANTED

General Help

Bride and Groom Canada seeking ages 18-40 men & women, 3-12 children for photoshoo 1-855-Cast-R-US

Skilled and Technical Help



The Natural Choice!

Now Hiring

Lawn Care Technicians Full Season & Student Break Send resume to: alenn@enviromasters.com

AUTOMOTIVE

Cars & Trucks for Sale



2004 Mustang Convertible 6cvl. loaded, cloth 87.000km

\$12,985 or \$163 b/w oac



Tovota Ray 6cyl. loaded cloth, 4x4 92,000k

\$15,985 or \$163 b/w oac

Cars & Trucks for Sale

Cars & Trucks for Sale



Cadillac CTS 6cyl. auto, lo leather, sunroof 53 000km

\$20,985 or \$182 b/w oad



4x4 4cyl. Auto, A/C, Cloth

\$14,985 or \$131 b/w oac



2007 Mini Co 4cyl. Turbo, 89,000km

\$18,985 or \$165 b/w oac.



Outlander AWD Loaded, Cloth 55 000km



2008 BMW 128I 5 speed, loaded 56.000km

\$26,985 or \$233 b/w oac

Cars & Trucks for Sale

Dartmouth W Joop & nam West Home States Com

469-9050 • DDODGE.COM



2010 PT Cruise Touring Edition \$13,995 or \$129 bi-weekly

\$0 down, taxes & fees included STK# CH213908



2010 Dodge Avenge SXT \$15,977 or \$ 139 bi-weekly

2010

Dodge Demon

Fully loaded

with leather

\$19,995 or \$169 bi-weekly

Jeen Patriot 4X4 Fully equipped Grizzly Edition

\$21, 495 or

STK# CH171111

\$0 down, taxes & fees included

STK# CH236157



2010 Chrysler Sebring ΙX \$13,995 or

\$129 bi-weekly

\$0 down, taxes & fees included STK# DC104254

SE

Dodge Grand Caravar Plus with DVD \$21,977 or

\$179 bi-weekly \$0 down, taxes & fees included

STK# CH259462 2010 Jeep Compass 4X4

Fully equipped Grizzly Edition \$21, 495 or

\$179 bi-weekly vn, taxes & fees included STK# CH581088

2009 Œ Auto with air \$13,995 or

\$129 bi-weekly wn, taxes & fees included STK# 10GV1228A

\$179 bi-weekly \$0 down, taxes & fees included STK# CH609205 2010 Jeep Grand Cherokee Limited Fully loaded with

\$31,995 or \$249 bi-weekly wn, taxes & fees included STK# CH132900

2007 Dodge Ram 1500 5.7l Hemi 4X4 \$18,995 or

\$179 bi-weekly \$0 down, taxes & fees included STK# CH541662

Cars & Trucks for Sale



2008 BMW 530l 6cyl. loaded, 49,000km

\$30,985 or \$268 b/w oa



Chevrolet Camar 27.000km

\$26,985 or \$205 b/w oac.



8cyl. loaded 4x4, 40,000km

\$43,985 or \$332 b/w oac

REAL ESTATE

Open Houses



OPEN HOUSE SUNDAY MARCH 13th, 2011 2-4 PM 11 Grindstone Dr, Halifax

(**Kidston Estates**) 3 year old Halifax home was custom designed with many upgrades such as hardwood floors. custom cabinetry with Corian countertops, center island, open concept. kitchen. Formal dining room as well, but could be cozy den/office. Finished basement with walkout; rec room, office area, play room, storage and bath. The 2nd floor has 3 bedrooms, the master has an ensuite with jacuzzi tub and walk in closet. Lot is fully landscaped and has cenented driveway. Close to schools and shopping. Contact Tamara at (902) 497-7858; or email tamara@whitestonedevelopments.ca

Commercial Real Estate

Established, fully equipped pizza store in a busy strip mall, for lease in New Glasgow. Rent \$1500 a month. Contact Dinesh 1-877-704-6226

HRM - Hammonds Plains - Approximately 1000 square feet. Office space with a ware house. Location Blue Water Road. 902-456-1446 or 902-835-2514

MERCHANDISE

Antiques & Art

Art Collection: Tom Forrestall Dusan Kadled original paintings. Payne Stewart signed golf ball and picture, framed. 902-456-6045 Please leave Message

Buying Jewelry and Antiques

Antique specialist buying old and antique iewelery such as old costume iewelery, rhine stone brooches, glass beads, gold charm bracelets, cameos, gold ring, diamonds, even broken gold, sterling, old watches etc etc. 20 years experience buying jewelry. Also antiques such as sterling, furs, old toys, dolls, old bears, military, artwork, nautical, ginger beer and antiques of all kinds.

Call 443-6014

Merchandise for Sale

20' and 40' Long Steel Storage Containers Call Peter 902-476-0569

ROLEX FOR SALE:

Ladies two tone gold and titanium Rolex Only 3 years old. Purchased for \$6500 selling for \$3500. Call 440 8497

PETS

Dogs

Cavelier King Charles Spaniel Pups - 1 Tri nale- 6 months, 2 Blenheims - 1 male/ 1 female - 4 months, and 2 female Rubys, born Nov.15/10. Call for more info 902-765-0885

Hi my name is Ninel Lam an all Black Amer ican Pit Bull Terrier. I am looking to stud. I am healthy and well mannered! Please call my person Bianca at 902-483-9859

I'm Charlie a Stud Pug. I have been checked, now looking for a girlfriend. I'm purebred, all black in color. If interested for a date please call 902-461-9129

PERSONALS

Personals

ALMOST ANGELS In service -Out service 902-877-1604 www.angels123.escort-site.com

Candy Girls Escort and Massage In service - Out service

902-579-5213 cndygirls.escort-site.com

RED HOT COUGAR MASSAGE And Way More! In-service, Out-service www.RedHotCounar.com Call Lana at 209-6852

> Well Known Escort Service looking for f/t and p/t ladies Combinations Available 506-870-0952

SERVICES

Accounting

S. J. Smith Taxes & Accounting 404-926 Simply Accounting & QuickBooks Training 404-9268 Personal/Business/Corporate Taxes, HST Month/Year-Ends, Payroll, Job Costing

HEALTH & BEAUTY

Massage/Therapists

John Panter, Certified Rolfer Rolfing® restructures the body, removing many causes of physical discomfort. Call: 902 425 2612

Trades

WRIGHTWAY PAVING

Book Now and Save 50%

5 YEAR WARRANTY FREE ESTIMATES

902-435-4466

HOUSEHOLD SERVICES

Trades

AFFORDABLE renovations by **GRAIN**

"Your Renovation Specialists" www.grainspaces.ca. (902)402-6494

Halifax Insulators Limited 902-456-1151 902-860-0186 Spray Foam Insulation www.hfxinsulators.com

PAINTING SERVICES -Over 20 years exp From fine detail trim, very straight lines, rolling and spraying. Free Estimates. Fully Insured. 902-981-5651 - 902-256-2436

TREE CUTTING SERVICES - Over 20 years exp. From full tree removal, limbing, pruning and chipping. Free estimates, Senior discounts Fully Insured. 902-981-5651/902-256-2436

Junk Removal

TIME TO TOSS IT Debris removal, Estate clean-ups, smal lemos, unit clear-outs, basements, yard ind construction - call 449-0232

Community Events

SATURDAY Sip. WINE & BEER TASTING BENEFIT FOR BUST A MOVE

Ioin team Metro News to sample a variety of wines, beer and fine cheeses! Saturday, March 19 • \$40 7-10pm at Palooka's Gym 2110 Gottingen Street

Provided By Harvest Wines And Snirits

444-8327 • saturdaysip@gmail.com 3260 Barrington Street, Halifax. Cash Only. Limited tickets available at door.

Garage/Yard Sales

(Corner of Forest Hills Pkwv and #7 Hwv)

6' Table: \$16 • 8' Table \$22 **CALL TODAY 902-463-2561**

Trades



ANNOUNCEMENTS

Community Events

Bluenose Fundraising Presents Healthy Smiles Toothbrush Fundraiser visit www.healthysmilesfundraiser.ca 479-2257

LIVE AUCTION - Fund Raiser

Clayton Park Jr High School will be holding a live auction in support of the Grade 9 trip to Montreal and Quebec City. Friday March 25, 2011 6:00 to 7:00 Viewing

7:00 to 9:00 Auction Winston's Pub ~ 278 Lacewood Dr, Halifax

Spring Dance

Forum Multi Purpose Centre **Band: Corvettes** Price \$15.00 March 12 9pm to 1am Sponsored by PC Association 19 and above permitted! Tickets 483-9747 or the Forum Box Office

Turnstile Pottery invites you to the Mad Potter's Tea Party Sunday March 13, 2011, 1-5 pm. \$25 Tickets include tea, coffee and a handmade mug. 431-2529.

Spiritual

Pilgrimage to the 3 major shrines in Quebec, Ste. Anne de Beaupre, Notre -Dame -du-Cap and St. Joseph. From June 18-25 at a cost of \$655.00 includes transportation, motels, and 11 meals. Downpayment of \$125.00 by March 18th and the remainder May 18th. For info contact Juanita Bates at 902-466-0625 or Michael Shaw at 902-454-6074.

Miscellaneous

BUYING? SELLING? BRANDING?

Metro Classifieds is offering amazing promotions to help you meet YOUR Advertising needs.

Call Chris Cannon at 421 5826 today!

Gotta old couch you wanna get rid of?

Place your ad in Metro classifieds metroclassifieds.ca 1 800 527-6767

Does your parrot talk too much?

Place your ad in Metro classifieds metroclassifieds.ca | 1 800 527-6767



Crossword

12

15

18

26 27 28

31

34

37

45

1 Houston acronym 5 Have a bug 8 Urban pall 12 Black, in poetry 13 Expert 14 Hemingway nickname 15 Join with a blowtorch 16 Ultramodernist 18 Moe, Larry or Shemp

- 17 Formerly, formerly 20 Croon 22 Property 26 Get more ammo 29 Shade source
- 30 Trigger's rider 31 - Major (constella tion)
- 32 Pigs' digs 33 Existed
- 34 That man's 35 Buck's mate 36 Carries
- 37 Integer, e.g. 40 Daytime drama 41 Cruel
- 45 Too 47 Couric's network 49 Thought
- 50 Cut of pork 51 Reaction to sky
- rockets 52 Standard
- 53 Undersized 54 Aye opposer

55 Icky stuff

- 1 Information 2 Help underhandedly
- 3 One's performance

- 53 5 Breathing problem
 - 6 Anger 7 Without precision
 - 8 Exhausted 9 "Dennis the Men-
 - ace" girl 10 Chances, for short
 - 11 "Roscoe"
- 19 Jewel 21 Doctrine 23 "- Eat Cake"
- 24 Ripped 25 Spud's buds
- 26 Rhine feeder 27 Huron neighbor

- 28 Booth, e.g. 32 Trace
- 33 Employed

13

16

32

47 48

51

54

19

35

38

40

14

17

33

49

52

55

➤ Yesterday's answer

36

24 25

30

42 43

20 21

39

41

23

29

- 35 "CSI" evidence 36 Commandment count
- 38 Daft 39 Full, as eyebrows 42 "American —
- 43 Infamous fiddler 44 Moist
- 45 Matterhorn, for one
- 46 Reed or Rawls 48 Feathery neckpiece

Sudoku

	7	9				4		
			9	1				3
5					4			1
		7	1		6		3	
	3			4			2	
	8		3		2	6		
7			4					8
3				2	8			
		5				1	7	

Friday

7/1/ 90%

How to play

Today

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer	7
resterday's answer	-

	1	8	3	2	4	6	7	5	9
	4	7	9	8	5	6	2	6	3
	5	6	2	3	7	9	1	4	8
	2					5			
1	6	9	1	4	8	2	5	3	7
1	8	3	5	9	6	7	4	1	2
	7					3			
1	9	5	4	6	2	8	3	7	1
	3	2	6	7	1	4	9	8	5

5°/2° A

Rain

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Numniblet,

I wake up every mornina with you on my mind & even though your here, i miss you like your in nfld. your my kindred spirit, my best friend, my lover, my wife.

LOVE LIL CAT XOXOXOXO

Happy 17th wedding anniversary to you, Heart! Here's to more loving years with our angels together! Cheers! love you very much! LOVE & KISSES, MAMAFE

Sarah, you are the best! Happy 12 months babi. you are so special and you make me soo happy, i better get a hugeeeee kiss and hug:) SANFOUR

Kumquat, You're the best little fruit sister I could ever have! Stay plump =D LOVE, THE OUEEN

Download WeatherEye to your smartphone.

TWN incorporates MSC data

Today's horoscope

T Aries March 21-April 20 Love is in the air, today. Is there someone you secretly fancy but haven't vet had the chance to approach? That chance is about to arrive. Be ready!

¥ Taurus April 21-May 21 You will find it remarkably easy to get your way today. If you use charm rather than coercion, almost anyone will do almost anything you ask - without

II Gemini May 22-June 21 No matter how much others might question your beliefs, you are comfortable with them and that is the only thing that matters. The more you look at the world today, the more it will make sense, and the happier you will be

G Cancer June 22-July 22

Make sure you get value for money today. It's not like you to be easygoing about how your cash is spent, but for some reason you don't seem to care how much things are costing you. You should.

Ω Leo July 23-Aug.23 It's one of the best days of the year for affairs of the heart. Make an effort to reach out to those you love. Some people seem to believe you love yourself more than them. Prove them wrong.

TIP Virgo Aug. 24- Sept. 22 Don't work so hard. Venus, planet of harmony, in the work and wellbeing area of your chart urges you to rest, relax and restore the equilibrium between mind, body and emotions.

← Libra Sept. 23-0ct. 23 You won't be shy about letting those you care for know how much they mean to you. Creatively, too, this is a good day. Let your artistic side come out.

> M Scorpio oct. 24-Nov. 22 You may have been too busy to spend much quality time with family and friends, but that's OK because you are about to make up for it. You will happily sacrifice your desires for the needs of those around you.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

→ Sagittarius

Nov. 23-Dec. 21 You will want to express your feelings in ways that can cast no doubt about what you are trying to say. This is a good time to write love letters or to pick up the phone and say, "I love you."

り Capricorn Dec. 22-Jan. 20 You may be in the middle of a

winning streak, but don't take your good fortune for granted and spend too much money on things you don't need. What happened to that Capri-corn caution? You'll need it.

Aquarius Jan. 21-Feb. 18 Physically and emotionally, you feel good thanks to Venus in your sign. You will feel even better if you get out and meet as many people as you can. You are a social animal.

)-(Pisces Feb. 19-March 20 Try not to get too serious about life, today. There will be time to ponder when you have completed your current task. For now, it's about details, Stav focused. SALLY BROMPTON

Caption contest "Finally. the little critter scores a hat trick!"

You WIN! write it!

Write a funny cap tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's Metro



SARIKA GADIA

FLIGHT CENTRE Unbeatable

Europe Sa

Save up to 20% on Europe Tours Europe airfares for only \$149

Airfares, hotels, coach tours, river cruises and rail passes

I 866 967 5402 | flightcentre.ca

THE BEST THING TO HAPPEN TO THE IPHONE SINCE OUR LAST APP!

NEW Crossword and Sudoku updated daily.



HOME OF THE DODGE GUYS



2011 JEEP WRANGLER SPORT

- 23B Package 6 Speed Manual Trans 3.8 V6 Engine
- 4WD Easy Folding Soft Top Accent Colour Fender Flares
- Fuel Tank Skid Plates
 Sport Bar
 4 Wheel Disc Brakes
- Tilt Steering Rear Stabilizer Bar
- 6 Speaker CD Player Full Metal Doors

Starting at

FIRE 1995

OR

STATE BI-WEEKLY

2011 RAM 1500 CREW CAB SPORT 4x4



- 5/7L V8 HEMI MDS VCT Engine 121L Fuel Tank Automatic Trans Rear Park Assist •
 A/C with Dual Zone Control Touch Screen Stereo with Back-up Camera •
- Remote Start Security Alarm Tailor Hitch 9 Amplified Speakers with Subwoofer •

WAS \$47,365

865/4777

NR

SZG77 BI-WEEKL

2011 DODGE GRAND CARAVAN



29E Package
 3.6 V6 Engine
 Power Windows
 Power Locks
 Cruise Control
 Tilt Steering
 Automatic Trans
 Air Conditioning
 Roof Rails
 Easy Clean Floor Mats

WAS \$30,120

w **\$21,495**

OR

STEERLY WEEKLY

THIS IS THE HOME OF DOUG & SID

1000 Earn 1000 Reward Miles on any new or used vehicle purchase





469-9050 DDODGE.COM